

Scavenger Hunt

To promote good nutrition habits for students, I will:

Encourage students to bring a water bottle to school.

Use healthy rewards for students' good behavior or work well done. Examples include: extra physical activity/game time, eat lunch with teacher, stickers, pencils, or fun gadgets.

Create a healthy recipe as a class by incorporating math (i.e. fractions, double the recipe, etc.) and writing (developing directions) . Send the recipe home for students to try at home (i.e. trail mix).

Invite guest speakers into the classroom; school nurse, school food service director, registered dietitian, physician, physical therapist, athlete, farmer, etc. to present on topic area connected to a class subject.

Utilize USDA's Team Nutrition resources to integrate nutrition education into existing lesson plans.

Talk about what is for school lunch each morning and encourage trying new foods.

Investigate adjectives to describe fruits and vegetables. (crunchy, soft, smooth, etc.)

Talk about the fruits and vegetables that were served during school meals and discuss favorites. Create a graph if a new item is featured.

Provide nutrition education to students on a regular basis.

Post the school breakfast and lunch menu in my classroom.

Encourage students to try foods at lunch, but do not force them to finish all of their food.

Encourage students to eat breakfast every day, at home or at school.

Display posters promoting healthy foods in my classroom.

To promote physical activity for students, I will:

Provide physical activity "brain breaks" on a regular basis.

Display posters promoting physical activity in my classroom.

Teach geography, history, and math while challenging students to walk across the state or country—documenting steps/miles over the month, semester, or school year.

Announce and encourage students to participate in school activities, sports and clubs that are no to low-cost and promote physical activity.

Support a minimum of 45 minutes of Physical Education each week when discussing school schedules.

Lead active indoor recess when the weather does not allow for outdoor recess.

Support at least 30 minutes of recess per day when discussing school schedules and duty assignments.

To be a good role model for my students, I will:

Park at the far end of the parking lot.

Walk or bike to school if distance allows.

Participate in physical activity “brain breaks” with students.

Drink water during class.

Join my students at recess at least once a month.

Eat school lunch and/or bring a healthy lunch to school.

Eat breakfast every day and share healthy ideas with students.

Be physically active at least 30 minutes every day.

Eat school lunch in the cafeteria with students at least once per month.

Make positive statements about healthy foods and physical activity.

Participate in school wellness events (5K, wellness fair, staff wellness challenges, jump rope for heart, etc.)

To become a leader in school wellness for my school, I will consider to:

Offer an afterschool class, workshop, or club for students or families focused on health, nutrition, and physical activity.

Work with the School Food Service Director and school wellness committee to apply for a HealthierUS School Challenge: Smarter Lunchrooms award.

Implement at least one aspect of Farm to School initiative (messages are about agriculture are incorporated into learning environment, school garden, field trips to local farms, and/or taste testing of local foods.

Understand the district's school wellness policy and strive to make progress towards the goals.

Engage students in school wellness efforts.

Start or help with a walking club held before school or during recess once per week.

Start or assist with a school garden and connect the garden to the classroom.

Begin a student mentor program where older students eat breakfast or lunch with younger students.

Start or serve on the school wellness committee and encourage students to join, too.

Encourage school fundraisers that are not food items.

Coordinate Live Healthy Iowa Kids for my classroom and/or school. A 10 week on-line wellness challenge that is FREE, facilitated by the Iowa Sports Foundation, from Jan-April each year.